

2020 Well-Being Activity Planner

Provided by the
American Institute for Preventive Medicine





The American Institute for Preventive Medicine has developed this calendar/planner to help you plan your 2020 wellness events.

Many health promotion and benefits professionals like to hold wellness activities based on national health observances. This can increase employee/member interest and participation. Please contact us to learn about products that can be used to reinforce national health observances. Some of them are listed along the side of each page.

National health observances are listed each month along with previews of future events to help you plan. Please feel free to forward the American Institute for Preventive Medicine Well-Being Activity Planner to anyone who may find it beneficial.

For information about products and services that tie into the monthly health observances in this planner, [click here](#).

2020 Calendar: This Year at a Glance

JANUARY 2020

S	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

JULY 2020

S	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

FEBRUARY 2020

S	M	T	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

AUGUST 2020

S	M	T	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

MARCH 2020

S	M	T	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

SEPTEMBER 2020

S	M	T	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

APRIL 2020

S	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

OCTOBER 2020

S	M	T	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

MAY 2020

S	M	T	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

NOVEMBER 2020

S	M	T	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

JUNE 2020

S	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

DECEMBER 2020

S	M	T	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



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January 2020



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
<i>National Folic Acid Awareness Week (January 5-11)</i>						
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

JANUARY EVENTS

Cervical Health Awareness Month
 Birth Defects Prevention Month
 Blood Donor Month
 Glaucoma Awareness Month
 Radon Action Month
 Thyroid Awareness Month

FEBRUARY EVENTS

AMD/Low Vision Awareness Month
 American Heart Month
 Children's Dental Health Month
 Teen Dating Violence Awareness Month
 Wise Health Consumer Month

AIPM PRODUCTS OF INTEREST FOR FEBRUARY

Click for more info:
[Wellness on a Shoestring™](#)
[Heart Health Permafold®](#)
[Wise Health Consumer Tracker](#)
[Student Self-Care Guide](#)
[Cardiac CareKit®](#)



February 2020



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
		<i>World Cancer Day</i>	<i>Girls & Women in Sports Day</i>	<i>Wear Red Day</i>		<i>Give Kids a Smile® Day</i>
9	10	11	12	13	14	15
<i>Cardiac Rehabilitation Week (February 9-15)</i>						
16	17	18	19	20	21	22
	<i>Random Acts of Kindness Day</i>					<i>World Thinking Day</i>
23	24	25	26	27	28	29
<i>Eating Disorders Awareness Week (February 23-29)</i>						

FEBRUARY EVENTS

AMD/Low Vision Awareness Month
 American Heart Month
 Children's Dental Health Month
 Teen Dating Violence Awareness Month
 Wise Health Consumer Month

MARCH EVENTS

Brain Injury Awareness Month
 Colorectal Cancer Awareness Month
 Endometriosis Awareness Month
 Kidney Month
 Nutrition Month
 Problem Gambling Awareness Month
 Save Your Vision Month
 Workplace Eye Wellness Month

AIPM PRODUCTS OF INTEREST FOR MARCH

Click for more info:
[Healthy Eating Permafold®](#)
[Self-Care Guides](#)
[ER Do's & Dont's/First Aid WiseGuide](#)
[HealthyLife® Newsletter](#)
[Eating & Exercise Tracker](#)
[Preventing Cancer Permafold®](#)



March 2020



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
<i>Patient Safety Awareness Week (March 8-14)</i>		<i>Sleep Awareness Week (March 8-15)</i>				<i>World Kidney Day</i>
15	16	17	18	19	20	21
	<i>Poison Prevention Week (March 16-22)</i> <i>Brain Awareness Week (March 16-22)</i>		<i>Kick Butts Day</i>	<i>Native HIV/AIDS Awareness Day</i>		
22	23	24	25	26	27	28
<i>World Water Day</i>		<i>World Tuberculosis Day</i> <i>American Diabetes Alert Day</i>				
29	30	31				
	<i>National Youth Violence Prevention Week (March 30-April 3)</i> <i>National Drug & Alcohol Facts Week® (March 30-April 5)</i>					

MARCH EVENTS

Brain Injury Awareness Month
 Colorectal Cancer Awareness Month
 Endometriosis Awareness Month
 Kidney Month
 Nutrition Month
 Problem Gambling Awareness Month
 Save Your Vision Month
 Workplace Eye Wellness Month

APRIL EVENTS

Alcohol Awareness Month
 Autism Awareness Month
 Child Abuse Prevention Month
 Humor Month
 Minority Health Month
 Parkinson's Awareness Month
 Sexual Assault Awareness Month
 STI Awareness Month
 Stress Awareness Month
 Testicular Cancer Awareness Month


AIPM PRODUCTS OF INTEREST FOR APRIL

Click for more info:

- [Asthma Permafold®](#)
- [Arthritis Permafold®](#)
- [Wealthier by the Dozen Posters & QuickTakes](#)
- [Stress CareKit®](#)

Download
 Our
 Catalog
 Here



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7 <i>World Health Day</i>	8	9 <i>Alcohol Screening Day</i>	10	11
12	13	14	15	16	17	18
19	20	21	22 <i>Prescription Drug Take Back Day</i>	23	24	25
<i>Infertility Awareness Week (April 19-25)</i>			<i>Infant Immunization Week (April 24-30)</i>			
26	27 <i>Air Quality Awareness Week (April 27-May 3)</i>	28	29	30		

APRIL EVENTS

- Alcohol Awareness Month
- Autism Awareness Month
- Child Abuse Prevention Month
- Humor Month
- Minority Health Month
- Parkinson's Awareness Month
- Sexual Assault Awareness Month
- STI Awareness Month
- Stress Awareness Month
- Testicular Cancer Awareness Month

MAY EVENTS

- Arthritis Awareness Month
- Asthma & Allergy Awareness Month
- Healthy Vision Month
- Hepatitis Awareness Month
- Lupus Awareness Month
- Melanoma/Skin Cancer Awareness Month
- Mental Health Month
- Osteoporosis Awareness Month
- Physical Fitness & Sports Month
- Stroke Awareness Month

AIPM PRODUCTS OF INTEREST FOR MAY

Click for more info:

- [Fitness Permafold®](#)
- [Osteoporosis Permafold®](#)
- [WalkWell™ Tracker](#)
- [SleepWell® CD's](#)



May 2020



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
<i>Hurricane Preparedness Week (May 3-9)</i>			<i>Project ACES Day</i> <i>Nurses Week (May 6-12)</i>		<i>Physical Education & Sports Week (May 1-7)</i> <i>Children's Mental Health Awareness Day</i>	
10	11	12	13	14	15	16
<i>Women's Health Week (May 10-16)</i>		<i>Hand Hygiene Day</i>			<i>Bike to Work Week (May 11-15)</i> <i>Bike to Work Day</i>	
17	18	19	20	21	22	23
		<i>World Autoimmune/ Autoinflammatory Arthritis Day</i> <i>Employee Health & Fitness Day</i>				
24	25	26	27	28	29	30
31			<i>Senior Health & Fitness Day®</i>			
<i>World No Tobacco Day</i>						

MAY EVENTS

- Arthritis Awareness Month
- Asthma & Allergy Awareness Month
- Healthy Vision Month
- Hepatitis Awareness Month
- Lupus Awareness Month
- Melanoma/Skin Cancer Awareness Month
- Mental Health Month
- Osteoporosis Awareness Month
- Physical Fitness & Sports Month
- Stroke Awareness Month

JUNE EVENTS

- Alzheimer's & Brain Awareness Month
- Fireworks Safety Month (June 1-July 4)
- Cataract Awareness Month
- Men's Health Month
- Migraine & Headache Awareness Month
- Safety Month
- Scleroderma Awareness Month

AIPM PRODUCTS OF INTEREST FOR JUNE

Click for more info:

- [Men's Permafold®](#)
- [Headaches Permafold®](#)
- [Men's Manual](#)
- [Wall Calendar](#)
- [101 Ways to Well-Being](#)
- [Safe at Home](#)



June 2020



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	CPR & AED Awareness Week (June 1-7)					National Trails Day
7	8	9	10	11	12	13
Cancer Survivors Day						
14	15	16	17	18	19	20
World Blood Donor Day	Men's Health Week (June 15-21)				World Sickle Cell Day	
21	22	23	24	25	26	27
				National HIV Testing Day		
28	29	30				

JUNE EVENTS

Alzheimer's & Brain Awareness Month
 Fireworks Safety Month (June 1-July 4)
 Cataract Awareness Month
 Men's Health Month
 Migraine & Headache Awareness Month
 Safety Month
 Scleroderma Awareness Month

JULY EVENTS

Juvenile Arthritis Awareness Month
 Park & Recreation Month
 UV Safety Month

AIPM PRODUCTS OF INTEREST FOR JULY

Click for more info:

- [Asthma Permafold®](#)
- [Arthritis Permafold®](#)
- [Wealthier by the Dozen Posters & QuickTakes](#)
- [Stress CareKit®](#)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	
		World Hepatitis Day				

JULY EVENTS

Juvenile Arthritis Awareness Month
 Park & Recreation Month
 UV Safety Month

AUGUST EVENTS

Breastfeeding Month
 Children's Eye Health & Safety Month
 Immunization Awareness Month
 Medic Alert Awareness Month
 Psoriasis Awareness Month

AIPM PRODUCTS OF INTEREST FOR AUGUST

Click for more info:


- [Screening Magnet](#)
- [Medication Permafold®](#)
- [Travel CareKit®](#)
- [HealthTracker™](#)
- [Pocket Calendar](#)
- [Prenatal Self-Care Guide](#)



August 2020



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

World Breastfeeding Week (August 1-7)

AUGUST EVENTS

Breastfeeding Month
 Children's Eye Health & Safety Month
 Immunization Awareness Month
 Medic Alert Awareness Month
 Psoriasis Awareness Month

SEPTEMBER EVENTS

Childhood Obesity Awareness Month
 Cholesterol Education Awareness Month
 Food Safety Education Month
 Healthy Aging® Month
 Ovarian Cancer Awareness Month
 Pain Awareness Month
 Preparedness Month
 Prostate Cancer Awareness Month
 Sickle Cell Month
 Traumatic Brain Injury Awareness Month

AIPM PRODUCTS OF INTEREST FOR SEPTEMBER

Click for more info:

- [Childhood Obesity Permafold®](#)
- [Manage Your Pain Self-Care Guide](#)
- [Cold and Flu CareKit®](#)



September 2020



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
	<i>Childhood Injury Prevention Week (September 7-12)</i>			<i>World Suicide Prevention Day</i>		
<i>Suicide Prevention Week (September 6-12)</i>						
13	14	15	16	17	18	19
<i>Celiac Disease Awareness Day</i>			<i>School Backpack Awareness Day</i>			
<i>Assisted Living Week (September 13-19)</i>						
20	21	22	23	24	25	26
	<i>Rehabilitation Week (September 21-26)</i>		<i>Falls Prevention Awareness Day</i>			<i>Family Health & Fitness Day USA®</i>
27	28	29	30			
			<i>Women's Health & Fitness DaySM</i>			

SEPTEMBER EVENTS

Childhood Obesity Awareness Month
 Cholesterol Education Awareness Month
 Food Safety Education Month
 Healthy Aging® Month
 Ovarian Cancer Awareness Month
 Pain Awareness Month
 Preparedness Month
 Prostate Cancer Awareness Month
 Sickle Cell Month
 Traumatic Brain Injury Awareness Month

OCTOBER EVENTS

Breast Cancer Awareness Month
 Bullying Prevention Month
 Dental Hygiene Month
 Domestic Violence Awareness Month
 Down Syndrome Awareness Month
 Liver Awareness Month
 Physical Therapy Month
 Sudden Infant Death Syndrome (SIDS) Awareness Month

AIPM PRODUCTS OF INTEREST FOR OCTOBER

Click for more info:


- [Dental Health Permafold®](#)
- [Minding Your Mental Health Guide](#)
- [BSE & TSE Shower Cards](#)



October 2020



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7 <i>Child Health Day</i>	8	9	10
<i>Fire Prevention Week (October 4-10)</i>		<i>Mental Illness Awareness Week (October 4-10)</i>		<i>Depression Screening Day</i>		<i>World Mental Health Day</i>
11	12	13 <i>Metastatic Breast Cancer Awareness Day</i>	14	15	16	17
<i>Bone and Joint Health National Awareness Week (October 12-20)</i>						
18	19	20 <i>World Osteoporosis Day</i>	21	22	23	24
<i>Health Education Week (October 19-23)</i>		<i>Respiratory Care Week (October 18-24)</i>				
25	26	27	28	29	30	31

OCTOBER EVENTS

Breast Cancer Awareness Month
 Bullying Prevention Month
 Dental Hygiene Month
 Domestic Violence Awareness Month
 Down Syndrome Awareness Month
 Liver Awareness Month
 Physical Therapy Month
 Sudden Infant Death Syndrome (SIDS) Awareness Month

NOVEMBER EVENTS

American Diabetes Month
 Alzheimer's Disease Awareness Month
 COPD Awareness Month
 Diabetic Eye Disease Month
 Epilepsy Awareness Month
 Family Caregivers Month
 Healthy Skin Month
 Lung Cancer Awareness Month
 Pancreatic Cancer Awareness Month

AIPM PRODUCTS OF INTEREST FOR NOVEMBER

Click for more info:

[Diabetes Permafold®](#)

[Travel CareKit®](#)

[Making Medical Decisions Permafold®](#)

[Smokeless® Tobacco Cessation](#)

[COPD Permafold®](#)



November 2020



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12 <i>World Pneumonia Day</i>	13	14 <i>World Diabetes Day</i>
15	16 <i>Antibiotic Awareness Week (November 16-22)</i>	17 <i>Gastroesophageal Reflux Disease Awareness Week (November 15-21)</i>	18	19 <i>Great American Smokeout</i>	20	21
22	23 <i>Survivors of Suicide Day</i>	24	25	26 <i>National Family Health History Day</i>	27	28
29	30 <i>Mothers Against Drunk Driving (MADD) Tie One On for Safety Campaign (November 28- January 1)</i>					

NOVEMBER EVENTS

American Diabetes Month
 Alzheimer's Disease Awareness Month
 COPD Awareness Month
 Diabetic Eye Disease Month
 Epilepsy Awareness Month
 Family Caregivers Month
 Healthy Skin Month
 Lung Cancer Awareness Month
 Pancreatic Cancer Awareness Month

DECEMBER EVENTS

Drunk & Drugged Driving Prevention Month
 International AIDS Awareness Month
 Safe Toys and Celebrations Month

AIPM PRODUCTS OF INTEREST FOR DECEMBER

Click for more info:

- [Wall Calendar](#)
- [Pocket Planner](#)
- [Relaxation CD](#)
- [Healthy Savings](#)
- [Alcohol & Drugs Permafold®](#)
- [Posters & QuickTakes™](#)



December 2020



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		<i>World AIDS Day</i>				<i>International Volunteer Day</i>
6	7	8	9	10	11	12
<i>Hand Washing Awareness Week (December 7-13)</i> <i>Influenza Vaccination Week (December 7-12)</i>				<i>Human Rights Day</i>		
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

DECEMBER EVENTS

Drunk & Drugged Driving Prevention Month
 International AIDS Awareness Month
 Safe Toys and Celebrations Month

JANUARY EVENTS

Cervical Health Awareness Month
 Birth Defects Prevention Month
 Blood Donor Month
 Glaucoma Awareness Month
 Radon Action Month
 Thyroid Awareness Month

AIPM PRODUCTS OF INTEREST FOR JANUARY

Click for more info:

- [Menus and Recipes Guide](#)
- [WalkWell Tracker™](#)
- [Weight Control Permafold®](#)
- [HealthyLife® Newsletter](#)
- [Be Well Playing Cards](#)

